

THE SMOOTHIE AND TRAIL MIX PAGE

INTRODUCTION

We made smoothies today. Smoothie A was three berry punch, B was the strawberry banana smoothie and C was the all fruit smoothie. Smoothie B got the best rating. It was the best smoothie for most people, including us!

We also made trail mix. The ingredients were: granola, almonds, raisins, dried pineapple, banana chips and granola mix, and each person got to make their own combination.



We had so much fun!

←BEFORE!

DIRECTIONS

Add the following ingredients to a blender and mix until smooth.

Smoothie A

2 cups apple juice
4 spoonfuls of vanilla yogurt (we used Nancy's Vanilla)
12 frozen strawberries
12 frozen blackberries
12 frozen raspberries

SMOOTHIE B

2 cups apple juice
4 spoonfuls of vanilla yogurt
1 large banana
12 frozen strawberries

Smoothie C

2 cups apple juice
1 large banana
12 frozen strawberries
12 pieces of frozen mango

Trail Mix

Mix your own combination of nuts, granola, dried fruits, cereal, pretzels, crackers, etc.!

AFTER!



QUOTES

Smoothie A

"Smoothie A was very strong, just how I like it. I was going to rate it higher than a 5."

~ Maxfield

SMOOTHIE B

"Smoothie B is sweet and nice!" ~ Wesley

"Smoothietastic!" ~ Liam

"I liked Smoothie B the best."

~ Gabe

"I think I liked Smoothie B the best. It was thinner than the others."

~ Meredith

Smoothie C

"Smoothie C was great because it tasted a lot like fruit..." ~ Isabel

"I liked C a LOT!" ~ Callia

"Smoothie C was really, really delicious!" ~ Gillian

Trail Mix

"The way the ingredients were mixed was nice!"

~ Wesley

Photos by Maxfield & Kirsti; Introduction by Callia & Isabel; Ratings collected by Gabe; Mixing & Tasting by Everyone!